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DOUBLE-DOUBLE, TOIL 'N' TROUBLE

MAJOR PLAYERS IN CANADA'S COFFEE MARKET TRY TO EDGE EACH OTHER OUT TO SURVIVE. WILL A PATRIOTIC BLEND OF CANADIANA BE ENOUGH TO KEEP TIM HORTONS ON TOP? PAGE 10

Anti-gay bill now the law

Ugandan president says the bill was necessary because the West is busy promoting homosexuality PAGE 8

Wanted: Ousted Ukrainian chief

Warrant issued for President Viktor Yanukovych in the killing of protesters in Kyiv PAGE 6

MLA alleges homophobic attack

West End. Spencer Chandra Herbert claims a man assaulted his assistant at his constituency office

NDP MLA Spencer Chandra Herbert outside Qmunity, a queer resource centre in Vancouver's Davie Village, in 2010. Police are investigating an alleged attack on Herbert's assistant at the Vancouver-West End constituency office as a possible hate crime. JEFF HODSON/METRO FILE

The MLA for Vancouver-West End alleges his assistant was attacked and subjected to homophobic slurs by an irate constituent last week.

In a statement released to media, openly gay MLA Spencer Chandra Herbert says a man walked into his West End constituency office around noon on Feb. 21 and demanded to speak to the politician.

"After expressing his hatred towards the rainbow flag which flies at the community centre across the street, and the rainbow flag in my office, he shouted homophobic slurs at my constituency assistant, punched a hole in my office door and then assaulted him," alleged Chandra Herbert.

The NDP MLA was in his office, away from the reception area, at the time and said he heard a man shouting about rainbow flags before a sudden "bang."

"He decided to take out his hate on the office door and by assaulting my assistant," he said. "It's an assault on the entire West End community."

Chandra Herbert saw the man as he was fleeing and followed him out the door.

Police were called immediately and arrested a suspect, who was reportedly intoxicated, near the office.

Police say a 53-year-old Vancouver man has been released without charges, pending an investigation, and his next court appearance is on April 4.

Police say the victim was punched in the face.

The assistant was taken to the doctor and is now back at work, Chandra Herbert said.

"My assistant is recovering from the incident, but we are both shaken and shocked that someone felt it acceptable to express their hateful views by assaulting a government worker and damaging government property," Chandra Herbert wrote.

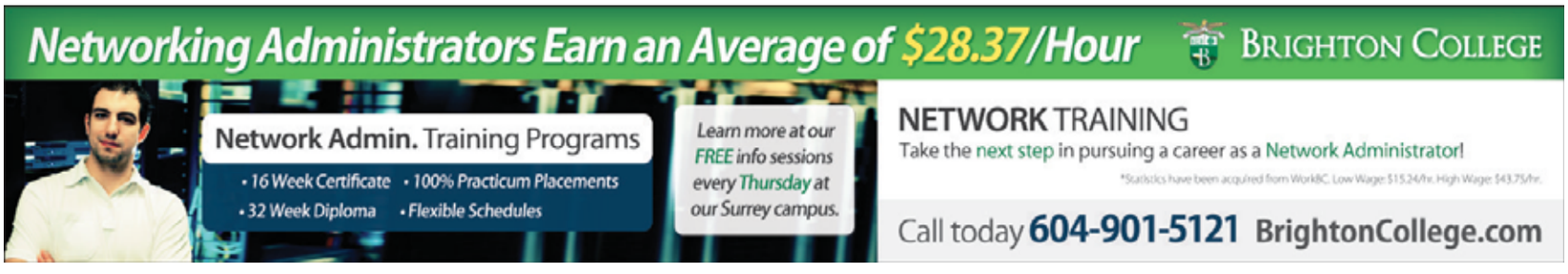
Vancouver police confirmed Monday their hate-crimes unit has taken over the investigation, due to the nature of the allegations.

Chandra Herbert has long been an outspoken critic of homophobia and violence, and he says this latest incident in his own office has made him more determined than ever to speak out.

"I believe that acts of hate and violence are serious matters that should be reported to the appropriate authorities. For this reason criminal charges are being pursued. If such senseless acts of hate and violence can happen in an MLA's office in Vancouver's West End, they can happen anywhere," he wrote.

"This attack will only encourage me to redouble efforts to ensure our government is taking all steps to support our province's diverse communities and stand against hate.

MATT KIELTYKA/METRO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B.C. Hydro

No power drain over early risers for hockey final

The Olympic gold-medal hockey game may have gotten Vancouverites out of bed, but utility providers didn't break a sweat.

B.C. Hydro spokesperson Simi Heer told Metro via email that electricity demand between 4 a.m. and 7 a.m. increased by 342 megawatt hours.

"It's a very small bump," Heer wrote. "We saw a bit of an increase because it happened at a time when most of us are sleeping (but) the number isn't significant in any way."

Heer said electricity consumption actually tends to decrease during major sporting events because people are gathered around televisions instead of doing laundry, making dinner, working or doing other power-draining activities.

For the Feb. 2 Super Bowl, for example, B.C. Hydro reported consumption decreased by 972 megawatt hours.

The Metro Vancouver regional district also saw very little, if any, additional demand for water during Canada's 3-0 win over Sweden on Sunday.

Metro Vancouver spokesperson Bill Morrell said big games tend to bump water demand, but the early morning start meant fewer people were likely drinking and others — believe it or not — stayed in bed.

"There was nothing out of the ordinary," Morrell said of water consumption rates during the game.

MATT KIELTYKA/METRO

A rendering of a $25-million proposal to revamp North Vancouver's waterfront. CONTRIBUTED

Ferris wheel, ice rink key to waterfront plan

North Vancouver. Council to decide within a month on flashy $25M project

The moment

"We've been talking about the potential of Lower Lonsdale for a lot of years. It's time to realize that potential." City of North Vancouver Mayor Darrell Mussatto

EMILY JACKSON
emily.jackson@metronews.ca

Imagine looking over to North Vancouver and seeing a giant ferris wheel and a skating rink covered in LED lights against the backdrop of a gorgeous mountain view.

That's exactly what City of North Vancouver Mayor Darrell Mussatto is doing these days as his council prepares to decide on a $25-million proposal to develop the waterfront into a family-oriented public space full of shops and restaurants.

"I'm extremely pumped," Mussatto said Monday, after consultant Roger Brooks unveiled the plan to council last week. "The time is right. It's exactly what North Vancouver needs; it's what the region needs."

The space east of the SeaBus terminal, called Site 5, has sat vacant since the province pulled funding for a national maritime centre in 2008. It temporarily housed beach volleyball courts in the summer months, but the city wants to turn the "waste area with a chain-link fence around it" into a year-round "people place."

The consultant said the plan was developed with input from more than 1,000 people. Its crown jewel would be a covered skating rink five times the size of Robson Square in downtown Vancouver that would be converted into a water park for kids in the summer.

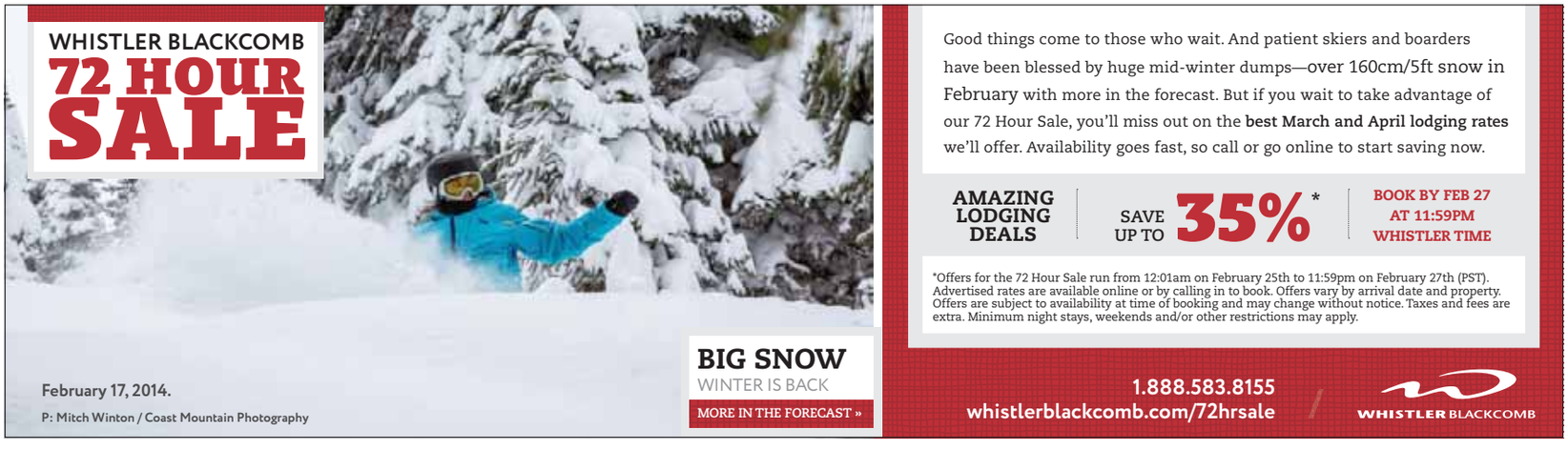
The plan also includes a stage and event space, as well as shops and restaurants that stay open until 9 or 10 p.m.

The mayor says the plan has been extremely well received, though he admits some people are concerned about the costs.

However, Mussatto believes that if the city borrows the money to build the project, the cost would be recouped by renting out the retail space.

The ferris wheel would be constructed with private finances in the second or third phase of the project, Mussatto said. He pointed to the success of Seattle's Great Wheel, which saw one million riders and $11 million in revenue in just over a year of operation.

Council will decide whether to proceed with the project within a month.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Southeastern B.C. One dead, one hurt in avalanche

A man was killed and a woman taken to hospital following a dramatic rescue Sunday from a massive avalanche in southeastern British Columbia, in what was a deadly weekend in the backcountry.

Search manager Chris Armstrong said the pair was among a group of four skiers trekking through a high, remote section of Kootenay Pass between Salmo and Creston on Sunday afternoon when they were hit by a slide that swept them over a cliff.

Armstrong said Monday that the two remaining members of the group skied to a nearby highway to call for help, while six other skiers who were near the slide began rescue efforts.

RCMP said all four skiers are from Nelson, B.C.

The 27-year-old woman was taken to hospital in Trail and the 27-year-old man's body remained at the scene. Searchers were to return to the mountain to continue efforts to recover the victim's remains.

THE CANADIAN PRESS

Deadly Sunday

In a separate incident in Pemberton, a 29-year-old man also died Sunday while snowmobiling with friends.

- RCMP Sgt. Peter Thiessen said the Burnaby resident was among a group that had snowmobiled to a forest service road area to ski and snowboard.
- Thiessen said that at one point during the day, one of the men was waiting for his pal to show up and eventually went looking for him.
- "He hiked back uphill in the deep snow and found his friend upside down in a tree well," Thiessen said.
- The man was pulled out but was unresponsive, blue and not breathing, he said.

Coquitlam. Man charged with murder of his sister

Twenty-seven-year-old Jarek Paderewski has been charged with the murder of 33-year-old Maja Paderewska, his sister.

B.C. Ambulance and the Coquitlam Fire Department found Paderewska dead inside her home on the 2900 block of Panorama Drive in Coquitlam after responding to a medical call on Sunday.

"The motive for this homicide is not yet known and IHIT continues working with the Integrated Forensic Identification Section (IFIS) and the Coquitlam RCMP to collect evidence at the residence where the homicide occurred," said Sgt. Adam MacIntosh of IHIT in a press release.

SAM SMITH/FOR METRO

Court appearance

Paderewski has been charged with second-degree murder and made his first appearance in court Monday afternoon.

Cypress Mountain has seen 114 centimetres of snow in the past week. JENNIFER GAUTHIER/METRO FILE

Snowfall good news for local ski resorts

Surge in guests. Mount Seymour has extended its season to April 20, offsetting the late start of many mountains due to warmer winter

SAM SMITH
vancouver@metronews.ca

Better grab those boards and skis, because the Lower Mainland's alpine resorts are calling the recent spell of snow "incredible" for their hills.

Cypress, Grouse, Whistler Blackcomb and Mount Seymour have each been caked with fresh snow, allowing them to open up most of their trails and hills with thanks to the layers and layers of powder.

"It's been incredible. We're very thrilled to have such a massive snowfall the last two weeks," said Emmalee Brunt, communications co-ordinator for Mount Seymour. "We've received just over two metres of fresh snowfall. It's allowed us to open up all terrain and there's great conditions everywhere."

The mountain has received a massive surge in guests and season-pass holders in the past two weeks, Brunt added, and thanks to the snow they have extended their season to April 20.

"Normally we close fairly early April," Brunt said. "But this will allow season-pass holders and guests to enjoy the season a little bit longer."

It's also meant to offset the late start most of the mountains around the Lower Mainland suffered due to a warmer winter.

Mount Washington on Vancouver Island was forced to close in January due to a lack of snow, with resort staff calling the dry winter season "unprecedented."

But it has since reopened and reports show a steady rise in its snow base, with 182 centimetres the latest numbers being declared.

Cypress Mountain announced their resort has seen 114 centimetres worth of snow in the past week alone with more on the way.

Grouse Mountain has had 96 centimetres of fresh snow in the last week, which is good news for the ski hill, but their zipline services are being put on standby.

Whistler Blackcomb has had 104 centimetres in the past week and is now standing at a 242-centimetre base.

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Boon year for coal, cruises and crude

Port Metro Vancouver. 2013 data is in

If you thought you saw more bulk carriers, cruise ships and tankers in Metro Vancouver's harbours in 2013, you were right.

It was a record year for imports and exports at Port Metro Vancouver, CEO Robin Silvester said Monday.

Even without approval of the controversial Fraser Surrey Docks coal facility, coal exports jumped 17 per cent. At 38.2 million metric tonnes, coal makes up 35 per cent of all shipments from the port.

While many oppose coal for environmental and health reasons, Silvester said it's a mere fraction of the 7 billion tonnes of thermal coal consumed globally each year.

He reiterated that the port's job is to ensure goods are transported safely.

Less controversially, Vancouver also welcomed more than 812,000 cruise-ship passengers last year, a jump of 22 per cent. Disney Cruise Line also picked Vancouver over Seattle as its base for Alaska trips due to its airport, connection to downtown and beautiful environment, Silvester said.

"This links back to coal … We have to manage the trade in a way that preserves the natural environment," he said.

Crude petroleum exports, however, dropped 5 per cent. More of the Alberta substance was routed down to Washington refineries through the Trans Mountain Pipeline.

EMILY JACKSON/METRO

A cruise ship in Vancouver this summer. EMILY JACKSON/METRO FILE

Truckers strike

The port's good fortunes hit a snafu Monday when truckers from the United Truckers Association of B.C. served it a 48-hour notice of service disruption.

- They say they can't afford to operate their trucks due to long line-ups, lengthy wait times and unfair port policies. The port did not comment.

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Heavy snowfall causes SkyTrain delays

While winter has finally poked its head out in Vancouver, transit services across the Lower Mainland are feeling the chill.

TransLink suffered multiple delays due to heavy snowfall triggering false alarms on the SkyTrain lines, rerouting of bus routes from trees crashing down, and slippery conditions causing drivers to move at a slower pace on Monday.

"SkyTrain is running on regular schedule with some minor delays due to emergency alarm triggers from snow/ice falling onto the tracks," said Jiana Ling, spokesperson for TransLink. "We ask standing customers to hold onto the railings at all times."

Multiple tweets sent out by TransLink stated heavy snow clumps falling onto the tracks triggered the intrusion alarms.

SkyTrain riders messaged TransLink during the ordeal and suggested if snowfall could cause an alarm to trigger then their system is over-sensitive. "If the clump of snow is big and heavy enough, it will trigger the alarm," TransLink responded.

The company's HandyDART buses, which service passengers with physical or cognitive disabilities, cancelled regular door-to-door service and only ran medical trips.

Trees were knocked over at Rumble Street in Burnaby causing the No. C5 bus, which services Edmonds and Royal Oak stations, to be rerouted via Gilley Avenue, Kingsway and Griffiths Street in both directions.

The No. 4 for UBC/Downtown and No. 14 for Hastings/Downtown terminated services at Blanca Loop and were rerouted along 16th Street. A crash along 72nd Avenue in Langley also caused the No. 301 Richmond-Brighouse Station/Newton Exchange and No. 319 Scott Road Station buses to be changed.

Despite the setbacks most transit ran as scheduled, according to Ling. SAM SMITH/FOR METRO

TransLink suffered delays due to heavy snowfall Monday. SAM SMITH/FOR METRO

Manitoba. Greyhound bus killer should have more freedom, says psychiatrist

A doctor is suggesting that a man who beheaded a passenger on a Manitoba Greyhound bus should get more freedom.

Vince Li's psychiatrist is asking the Criminal Code Review Board to let Li have unescorted day trips to Selkirk, Man.

Dr. Stephen Kremer says Li should also be moved out of a locked ward and onto an unlocked ward at the Selkirk Mental Health Centre.

Li has been at the mental hospital since he was found not criminally responsible for the killing of Tim McLean in 2008.

The review board holds annual hearings to review restrictions on Li, who was initially kept inside a locked wing 24 hours a day.

Kremer told the hearing Li has never been violent in the hospital, no longer suffers hallucinations or delusions and has made "excellent" progress.

Vince Li THE CANADIAN PRESS FILE

Kremer said the ultimate goal is to have Li reintegrated into society — something McLean's mother has opposed.

Carol DeDelley has said Li should be kept in custody for the rest of his life because there is no guarantee he will always take his medication.

THE CANADIAN PRESS

Truth and Reconciliation. Alberta, NWT bishops say sorry for abuse of children

Catholic bishops in Alberta and the Northwest Territories have apologized for abuse that aboriginal children suffered in residential schools.

Edmonton Archbishop Richard Smith said Monday the group is the last in the country representing Catholic bishops to make a public offer of regret. Others have issued formal apology letters as the Truth and Reconciliation Commission held events in their regions, he said.

"We are adding our voice to those of the Catholic bishops and leaders of religious communities across Canada," Smith told students at Edmonton's Ben Calf Robe School.

THE CANADIAN PRESS

Arrest warrant issued for Ukraine's ousted leader

Kyiv. Derided by Russia as gun-toting thugs, new leaders move swiftly to open dialogue with West

With Viktor Yanukovych on the run, Ukraine's interim government drew up a warrant Monday for the fugitive president's arrest in the killing of anti-government protesters last week, while Russia issued its strongest condemnation yet of the new leaders in Kyiv, deriding them as "Kalashnikov-toting people in black masks."

Parliament speaker Oleksandr Turchinov, the interim president, moved quickly to open a dialogue with the West, saying at a meeting with EU foreign policy chief Catherine Ashton that the course toward closer integration with Europe and financial assistance from the EU were "key factors of stable and democratic development of Ukraine."

In a statement released by his office, Turchinov said Ukraine and the EU should immediately revisit the closer ties that Yanukovych abandoned in November in favour of a $15-billion bailout loan from Russia that set off a wave of protests. Within weeks, the protests expanded to include outrage over corruption and human rights abuses, leading to calls for Yanukovych's resignation.

Yanukovych, who fled Kyiv on Saturday after the opposition took over government buildings, has reportedly gone to the Black Sea peninsula of Crimea, a pro-Russia area.

Calls are mounting to put Yanukovych on trial after a tumultuous presidency in which he amassed powers, enriched his allies and family, and cracked down on protesters.

Acting Interior Minister Arsen Avakhov said on his official Facebook page that a warrant has been issued for the arrest of Yanukovych and several other officials for the "mass killing of civilians."

THE ASSOCIATED PRESS

Canada, U.S. react

- White House spokesman Jay Carney says the U.S. is prepared to help Ukraine regain economic stability by providing support.
- The Harper government is leaving the threat of sanctions against Russia on the table if it interferes in the events in Ukraine.

People lay down flowers at one of the streets leading to Independence Square in Kyiv, Ukraine, on Monday. Ukraine's acting government issued a warrant Monday for the arrest of President Viktor Yanukovych, accusing him of mass crimes against protesters who stood up against his rule. EFREM LUKATSKY/THE ASSOCIATED PRESS

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Sportage SX Luxury shown

THE NEW 2014 SPORTAGE

hwy / city 100km: 7.0L/10.0L

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Rondo EX Luxury shown

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hwy / city 100km: 6.2L/9.4L

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Surprise move. Egypt cabinet resigns; could pave the way for el-Sissi

Egypt's interim cabinet resigned Monday in a surprise move that could pave the way for the nation's military chief, Abdel-Fattah el-Sissi, to announce his widely anticipated plans to run for president in the spring.

The resignation, announced by Prime Minister Hazem el-Beblawi in a televised statement, came amid a wave of labour strikes over the government's failure to fix the economy and rising popular anger nearly a year after Islamist President Mohammed Morsi was ousted by the military.

The Cabinet will remain in office in a caretaking capacity until a new one is formed. Its resignation fuelled speculation that el-Sissi will soon announce a presidential bid. The 59-year-old career infantry officer, who has been defence minister since Morsi named him to the cabinet post in August 2012, has already secured the support of Egypt's top military body, the Supreme Council of the Armed Forces, to seek the presidency.

Military and security officials said the British- and U.S.-trained el-Sissi has been working with a team of advisers on a program of action that he intends to announce when he declares his candidacy.

THE ASSOCIATED PRESS

Changes

Thousands of el-Sissi posters are plastered on walls and hoisted on lampposts across much of the country.

- Songs praising him are played on radio and blare from coffee shops.
- He has been likened to a lion and a saviour who will bring strength and prosperity to Egypt.

Central African Republic

Muslims killed in rural massacre

Christian militiamen killed at least 70 people in the remote southwest of Central African Republic, at one point ordering a group of Muslims to lie on the ground and shooting them one by one, witnesses said Monday. THE ASSOCIATED PRESS

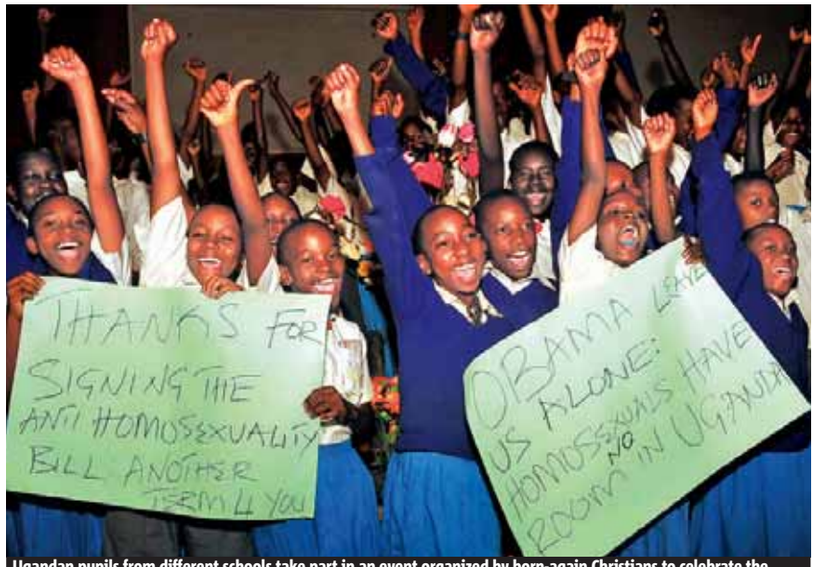
Congo

Militia attacks displace thousands

The UN says 400,000 people have been displaced in recent months by fighting involving local militia groups in Congo's mineral-rich southeast Katanga province. THE ASSOCIATED PRESS

Defiant Ugandan president signs anti-gay bill into law

'Abhorrent.' White House press secretary Jay Carney said the country took a step backward and urged for the law's repeal



Ugandan pupils from different schools take part in an event organized by born-again Christians to celebrate the signing of a new anti-gay bill that sets harsh penalties for homosexual sex, at the Omega Healing Centre outside of Kampala, Uganda, on Monday. STEPHEN WANDERA/THE ASSOCIATED PRESS

Uganda's president on Monday signed an anti-gay bill that punishes gay sex with up to life in prison, a measure likely to send Uganda's beleaguered gay community further underground as the police try to implement it amid fevered anti-gay sentiment across the country.

Uganda President Yoweri Museveni said the bill, which goes into effect immediately, was needed because the West is promoting homosexuality in Africa.

Museveni may have defied Western pressure to shelve the bill, four years and many versions after it was introduced, but his move — likely to galvanize support ahead of presidential elections — pleased many Ugandans, who repeatedly urged him to sign the legislation.

Nigeria's president similarly signed an anti-gay bill into law just over a month ago, sparking increased violence against gays who already were persecuted in mob attacks.

Some watchdog groups warn a similar backlash of violence may occur in Uganda.

"Experience from other jurisdictions with similarly draconian laws, such as Nigeria or Russia, indicates that their implementation is often followed by a surge in violence against individuals thought to be lesbian, gay, bisexual or transgender," the International Gay and Lesbian Human Rights Commission said in a statement Monday.

"The Ugandan government has not indicated any plans to counter such violence or to investigate potential allegations of abuse."

In Washington, White House press secretary Jay Carney called the law "abhorrent," urged its repeal and said the White House is reviewing its relationship with Uganda.

UN High Commissioner for Human Rights Navi Pillay warned that the law would institutionalize discrimination and could encourage harassment and violence against gays.

At least six people have already been arrested over alleged homosexual offences and more than a dozen have fled Uganda since lawmakers passed the bill in December, according to a prominent Ugandan gay activist, Pepe Julian Onziema.

THE ASSOCIATED PRESS

RICK MERCER REPORT
This week, Rick goes on a fun-filled date with Jan Arden in Calgary and her hometown, Bragg Creek.
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Coffee wars brewing from coast-to-coast

Joe drama. The once seemingly indomitable Tim Hortons is facing a big push from rivals McDonald's, Starbucks

MELISSA DUNNE
melissa.dunne@metronews.ca

On the ice, Tim Horton was known to dole out "Horton hugs," squeezing his rivals until they couldn't breathe.

Now, 50 years after Horton opened his first coffee shop, Tim Hortons Inc. execs will need to channel its founder's defensive style as it prepares to hit back in an increasingly crowded market.

Although Tim Hortons still dominates the Canadian coffee market, holding just over 75 per cent of it with about 3,500 outlets in Canada, the company recently missed analysts' profit expectations for 2013. On Tuesday, Tim's will unveil its plan to squeeze key players like McDonald's McCafé and Starbucks, which have dropped the gloves in the fight for java supremacy.

When Tim's opened its first store in Hamilton, Ont., in 1964, it had the arena to itself, said Douglas Hunter, who has written books on both Horton and Hortons.

"Tim's could expand easily, move right next to McDonald's and it didn't matter, they were selling different products."

It matters now.

McDonald's Restaurants of Canada Ltd. is aggressively going after longtime Tim's fans.

In 2007, the burger giant jolted its competitors by winning a Consumer Reports taste test. When the Golden Arches launched McCafé in Canada in 2009, it gave away its coffee for free. McD's aggressive game has reaped rewards: it has doubled its market share here to about 10 per cent in under five years.

This week customers can get a free coffee in a sleek brown-and-white cup at one of McDonald's almost 1,500 outposts in Canada. But free java will not sway Yasha Grey, a 25-year-old master's student in St. Catharines, Ont., who usually orders a single-single (one cream, one sugar), coming in a Tim's iconic red-and-yellow Roll Up the Rim to Win cup these days.

"It may sound cheesy, but I really like that Tim Hortons is Canadian," Grey said. "I like its homey, country feel."

Cheesy or not, serving up a side of Canadiana works.

The power of patriotism is now percolating over at Starbucks Canada. The world java juggernaut first came to Canada in 1987 with a single outlet in Vancouver. It now has more than 1,000 outlets here and will open about 100 more this year. Its baristas now pour a Canada-only brew named True North into minimalist green-and-white cups. And, as we enter maple-syrup season, Starbucks is unveiling the Maple Macchiato next week.

While Timothy's Coffees of the World Inc. and The Second Cup Ltd. opened their doors in Canada 12 years before Starbucks, they have not been able to maintain their head start.

By the numbers

$898M

Tim Hortons reported it had earned $898.5 million in revenue during the fourth quarter, up 10.7 per cent from a year earlier, but a smaller profit than analysts were expecting.

Timothy's grew from one store in London, Ont., to about 139 in 2009. It is down to about 100 stores after its wholesale and retail businesses were spun off and sold to U.S. companies.

Second Cup started as a kiosk in a Toronto mall and now has about 350 cafés. It dropped its CEO late last year after it posted a loss of $8.5 million. But the chain is mounting a comeback under Alix Box, who once worked as an executive at Starbucks and officially took the reins Monday.

Unlike its smaller Canadian compatriots, Tim's has been able to stay ahead of international competitors so far.

But to some, the chain is starting to taste stale and needs to brew up a fresh pot of business fast.

"We are moving into a different era. The baby boomers Tim's has relied on are getting older," said Douglas Stephens, a leading retail analyst based in Toronto.

In a bid to attract baby boomers' kids and grandkids, all coffee sellers must hatch bold strategies.

We love coffee, with a whopping 65 per cent of us drinking it daily, according to a study by the Coffee Association of Canada, but changing demographics mean changing tastes.

Millennials demand that products be healthy and ethically sourced. Oh, and also cheap. And many new Canadians don't even drink coffee, opting for tea instead, noted Stephens.

Like the real Horton, Tim Hortons' top brass will have to mount a strong defence if the chain is to remain the top player in the good ol' coffee game.

At-home

The coffee pot has gone to pod

Pots are out, pods are in.

"In the at-home category, single-serve machines have been a category disruptive phenomenon," said Sandy McAlpine, head of the Coffee Association of Canada.

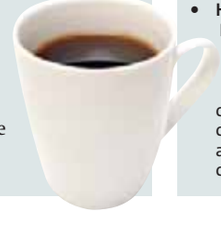
Keurig, Tassimo and Nespresso currently dominate the market, said McAlpine.

The focus of Tim Hortons, McDonald's and Starbucks is take-out brew, but the at-home market can't be ignored.

Just over half of Canadians make their cuppa at home daily, while only 24 per cent buy takeout every day, noted McAlpine.

In response, Tim's announced last week it will expand its Keurig K-discs and Tassimo T-discs to grocery-store shelves later this year. McD's, under its McCafé brand, has teamed up with Kraft and will test selling pods in U.S. grocery stores soon. Starbucks opted to launch its own machine and pods, called Verismo, in its Canadian stores in late 2012.

Pods have certainly perked up the home market, and the takeout coffee champs have all set their sights on adding some at-home fans to their base.

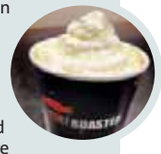


Hipster havens

Here are some top independent coffee shops across Canada luring hipsters away from Starbucks, Tim Hortons and McDonald's.

- **Vancouver.** JJ Bean: Established in 1996; 15 locations, as of March; its specialties are the cappuccino and vegan-friendly Very Berry Muffin.
- **Calgary.** Caffè Artigiano: Established in 2000; 12 locations in Western Canada; its specialty is the cappuccino (espresso, milk and foam).

- **Edmonton.** Leva: Established in 2003; one location; its specialties are the cappuccino and croissants.
- **Regina.** Atlantis Coffee: Established in 2000; one location; its specialties are the cappuccino and Prairie Cherry Scone.
- **Winnipeg.** Parlour Coffee: Established in 2011; one location; its specialties are wet-foam cappuccinos (flat white) and pour-over coffees.
- **Saskatoon.** Collective Coffee: Established in 2011; its specialties are artisan espresso and single-origin coffee.
- **London, Ont.** The Fire Roasted Coffee Co.: Established in 2013; two locations; its specialty is El Toro Bravo, an espresso and hot chocolate latte made with real chocolate.



- **Toronto.** Sam James Coffee Bar: Established in 2009; three locations; its specialty is the cappuccino.
- **Ottawa.** Bridgehead: Established in 2000; 15 locations; its specialties are the cappuccino and Morning Bun.

- **Halifax.** Two If By Sea Café: Established in 2009; two locations; its specialties are chocolate croissants and drip coffee.

Breakfast smackdown: McMuffin vs. Waffle Taco

Only in America. Taco Bell thinking outside the bun with morning menu as it takes on McD's in U.S.

Egg McMuffin, meet the Waffle Taco.

Taco Bell is readying for the launch of its national breakfast menu in the U.S. on March 27, with items such as the A.M. Crunchwrap designed to appeal to its fan base of younger men. And the chain says breakfast will be available until 11 a.m. — a half hour longer than McDonald's offers its Egg McMuffins.

"We can turn the breakfast conversation into a two horse race," Taco Bell president Brian Nicol said in an interview, noting that Taco Bell intends to be a "strong number two" after McDonald's in America.

McDonald's has long been the fast-food leader in the mornings in the U.S., with its popular Sausage Biscuits, Hotcakes and other items pulling in roughly 20 per cent of the company's U.S. sales. But the chain has been facing stiffer competition in recent years, with competitors such as Starbucks and Subway rolling out breakfast sandwiches as well.

It's not clear how Taco Bell's entry into breakfast will alter the fast-food landscape. Last year, an executive with Taco Bell's parent company Yum Brands said that breakfast accounted for about four per cent of sales in locations where it was tested.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 90.36¢ (+0.54¢)

Natural gas: $5.47 US (-$1.17)
Dow Jones: 16,209.13 (+ 105.83)

TSX 14,227.08 (+ 21.36)

OIL $102.82 US (+$0.62)

GOLD $1,338 US (+$14.40)

Hey, what's up?

Talk with pals via WhatsApp soon

WhatsApp, the popular messaging service for smartphones acquired by Facebook, will soon be offering a voice service.

THE ASSOCIATED PRESS

"*The Troop* scared the hell out of me, and I couldn't put it down. This is old-school horror at its best."
— STEPHEN KING

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Contribution deadline looms

Last-minute tips. You have until March 3 to deposit money into retirement savings fund

YLVA VAN BUUREN
For Metro

March 3 is the deadline to contribute to your RRSP for the 2013 financial year. VLADIMIR GJORGIEV/SHUTTERSTOCK

The deadline for making your RRSP contribution is approaching, but there is still time to contribute.

Check the bottom of your 2012 notice of assessment to see how much contribution room you have accumulated (any unused room is carried forward and the total unused balanced will be shown there). Canadians can contribute up to 18 per cent of earned income to the maximum room, which is $23,820 for 2013.

Here are some last-minute contribution tips.

• Mark March 3 on your calendar — that's the cut-off date for 2013 contributions. Most financial institutions are open later and on weekends to accommodate the last-minute rush. Or contribute via Internet banking.

• Don't over-think it. If you need help deciding where to put your RRSP contribution, just put it into a high-interest savings account or a low-risk money market mutual fund, says Christopher Dewdney, a Toronto financial adviser and member of Advocis, The Financial Advisors Association of Canada. "It doesn't matter where it's goes just as long as it's registered. You'll receive a tax deduction and can create a properly allocated and well diversified portfolio at a later date."

• Use money from your tax-free savings account (TFSA). "If you need a tax deduction and you don't have access to cash but you do have money in a TFSA, move the money from your TFSA into your RRSP." With the TFSA, you can use that room again beginning January of the following year.

• Take out an RRSP catch-up loan. All financial institutions offer these loans, which allow you to borrow money for your RRSP. Keep in mind that if the loan is over too long a period, you could offset the gains (tax deduction) you get with the RRSP, Dewdney said.

• If your income was lower than previous years and you might not need the RRSP deduction, it's still a good idea to contribute, Dewdney said. "You can always defer the contribution to a future year if that will be more beneficial."

• For next year. Set up a systematic contribution plan now and you will be off to a good start for next year. "Even if you want to make a larger contribution come tax time, you'll already have a base," Dewdney said.

Impact. Divorce can split assets

TALBOT BOGGS
Smart Investing

A couple's RRSPs often are split during a divorce. AUREMAR/SHUTTERSTOCK

Going through a divorce is difficult at any age, but grey divorces involving couples 50 years or older can have a major impact on their retirement plans and assets like an RRSP.

A recent study by Winnipeg-based Investors Group found that about 80 per cent of grey divorcees say they will probably delay their retirement because they need to work longer than planned and 62 per cent said their post-divorce savings and investments will no longer be adequate to fund their retirement.

"In a divorce you might feel emotionally liberated but financially you could be a lot worse off," said Chris Buttigieg, senior manager, wealth planning strategy with BMO Financial Group. "Divorce poses some really challenges for people when retirement is around the corner."

In case of separation or divorce, either you or your spouse can transfer existing RRSPs to the other without being subject to tax provided you are living apart when property and assets are settled and provided you have a written separation agreement or a court order.

A couple's RRSPs often are split between partners during a divorce, but a lot of what happens will depend on the terms of the settlement.

Attribution rules (tax rules to prevent excess income splitting) regarding spousal RRSP and RRIF (registered retirement income fund) withdrawals will not apply to any withdrawals made after you and your spouse have begun to live separately and apart. Your soon-to-be-ex can continue to make spousal RRSP contributions to your spousal RRSP until the date you cease to be spouses, or the date of divorce.

"Women tend to have more attachment to the home but liquid assets tend to go the other spouse," Buttigieg said. "In cases like these there's a danger of becoming house rich and cash poor and finding yourself in the situation of wondering how you're going to carry the house and expenses."

One of the big problems with divorce is that it is often a bitter experience, which can affect your judgment.

The Investors Group study found that people who characterized their divorce as bitter experienced greater financial difficulties than those whose divorce was more cordial, such as managing living expenses after the divorce or separation, stress from the division of assets, the cost of divorce proceedings and no longer having enough retirement savings.

"Divorce is an emotional process that can cloud your ability to make sound financial decisions that will ultimately affect your future," said Christine Van Cauwenberghe, assistant vice-president of tax and estate planning with Investors Group. "With limited earning power and less time to recoup financial losses, grey divorcees need to revisit their financial plans."

A good financial planner will help you assess your financial situation, clarify your goals as a new single person and advise you on what you can do to meet those goals.

THE CANADIAN PRESS

TALBOT BOGGS IS A TORONTO-BASED BUSINESS COMMUNICATIONS PROFESSIONAL WHO HAS WORKED WITH NATIONAL NEWS ORGANIZATIONS, MAGAZINES AND CORPORATIONS IN THE FINANCE, RETAIL, MANUFACTURING AND OTHER INDUSTRIAL SECTORS.

A secret to saving more money

Do you want to know a secret? There is another tax-free way to save for retirement that the taxman doesn't really want you to know. It's called universal life insurance, a special financial security portfolio that gives you life and health insurance coverage and a tax-deferred saving component.

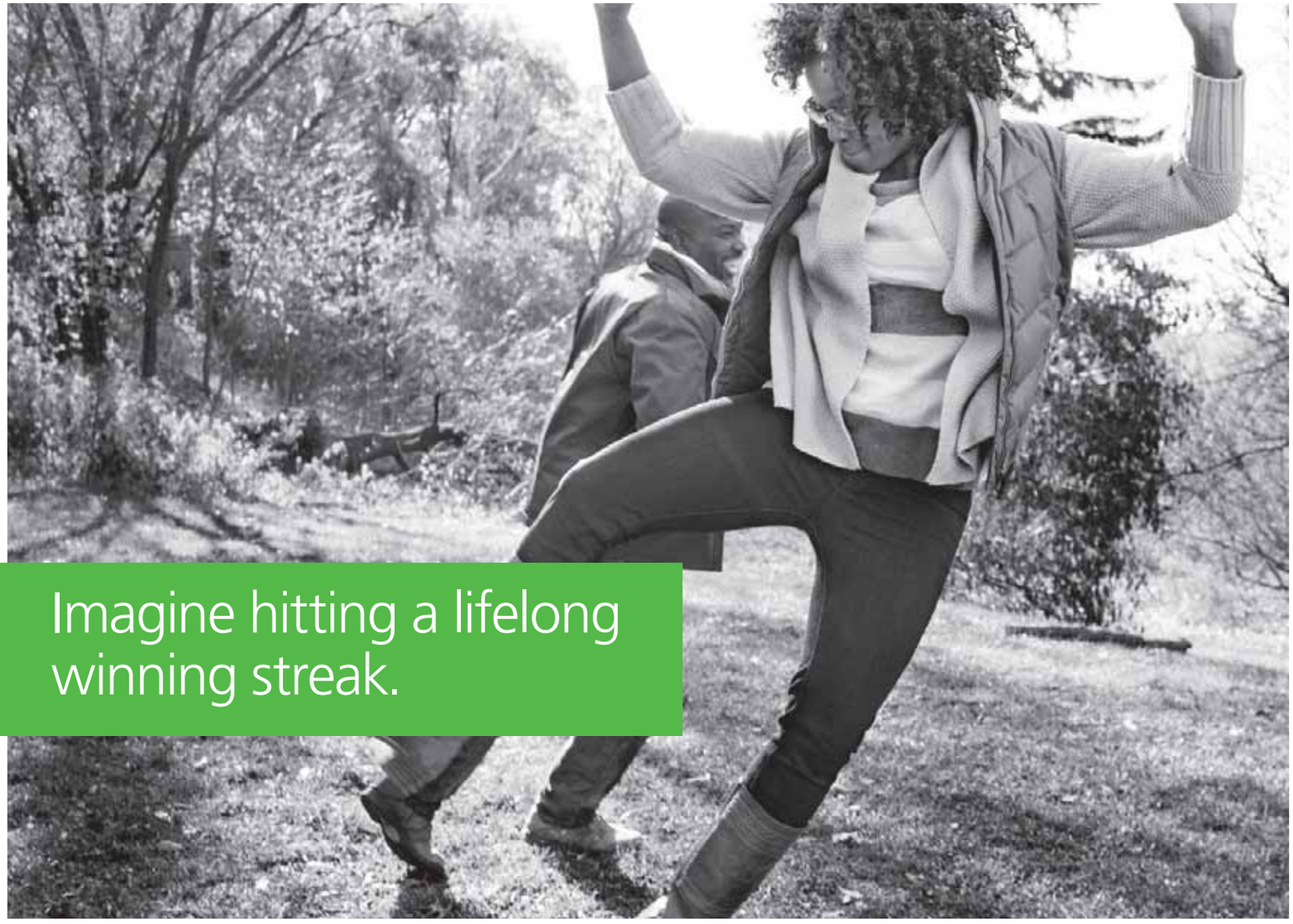
Insurance experts from Desjardins Insurance spoke more about universal life insurance.

What makes this product special?
It's attractive because it allows you to reduce your tax burden by moving some of your taxable money and sheltering it within the universal life policy. Your money grows more efficiently allowing you to achieve an earlier retirement. This is especially effective if you tend to maximize your annual RRSP contribution. It's like moving your coins from a pocket with a hole in it to one with no hole. Universal life is very flexible and totally conforms to your needs because you can add or remove features and increase or decrease premiums at any time.

So how does it work?
The individual designs the portfolio based on their current personal and/or family priorities. They may choose from a variety of insurances including term, whole life and/or critical illness. The monthly minimum deposit covers the cost of the insurance and anything above this will accumulate in a tax advantaged savings account.

How can I invest my money under the savings component?
There are a lot of investment options available. For example, you can choose between guaranteed deposits or index funds. These funds can be accessed anytime, barring any restrictions attached to the investment type, making this an ideal emergency or retirement fund.

NEWS CANADA



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DON'T BE AFRAID TO FALL

SHE SAYS

Jessica Napier
metronews.ca

My generation grew up in an age of motivational posters and boom-time optimism. My parents, for better or worse, always tried to nurture my specialness and asserted that I could achieve absolutely anything I set my mind to. But for the large majority of us that simply isn't true and these high expectations can lead to a great deal of disappointment.

And it's not just overly entitled millennials who are faced with the challenges of overcoming rejection. Every day romances end, job applications are tossed in the recycling bin and hopeful young athletes are cut from the team.

Some forms of rejection are subtle and relatively inconsequential; you'll never really know if someone swipes to the left on your Tinder profile or one of your countless Twitter connections decides to unfollow you. But it's hard not to feel crushed when you're passed over for a promotion or a landlord picks someone else for that perfect apartment.

In fact, the sting of being snubbed actually hurts in much the same way as physical distress. In a 2011 study at the University of Michigan, researchers used a functional MRI machine to measure our brain's reaction to social rejection compared to simulated bodily pain. The researchers found that asking participants to recall their feelings about a bad breakup activated the same region of the brain that processes physical discomfort.

If hurt feelings can actually translate into the ache of a broken bone then logic would suggest that popping a couple of pain killers might help relieve the anguish of being rebuffed (at least temporarily). However, rather than doubling down on painkillers, we're probably better off reconditioning ourselves to process our emotions in a more positive and constructive way.

It's easy to dwell on moments of rejection and allow those feelings of inadequacy to chip away at your self-esteem. But attacking yourself when you're already down is like rubbing lemon juice into a paper cut. Concentrating on why you're not good enough for your dream job or blaming yourself for a failed relationship makes it difficult to stabilize your emotions and get past the pain. If we instead focus on reconstructing these negative experiences as opportunities for personal growth, we're more likely to recover faster and move forward.

It's important to remember that some of the most successful people in the world fail the greatest amount, not because they're hopeless but because they allow themselves to be vulnerable and go after possibilities even though they've failed in the past.

If you try to avoid rejection at all costs in order to protect your fragile ego, you'll avoid getting hurt by potentially bad experiences but you'll also miss out on plenty of positive ones too. Getting out of your comfort zone and risking failure is a success in itself because even if you're doing something wrong, at least you're doing something.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

They've entered the matrix

COURTESY NUMEN/FOR USE

Geometric cube is artsy jungle gym

These climbers are learning the ropes of how to scale a 3D grid. Designed by Croatian-Austrian collective Numen/For Use, String Prototype is an inflatable jungle gym-meets-interactive art site that contains a network of interlocking cables, allowing intrepid visitors to explore inside a large-scale white cube. METRO

The cube stands at eight metres high and six metres wide.
COURTESY NUMEN/FOR USE

Ropes tight enough to hold people

When the cube deflates, the ropes become loose, allowing the installation to decompress. When inflated, the ropes tighten themselves into a grid strong enough to support the weight of children and adults alike. METRO

Clickbait

LUKE SIMCOE
Metro Online

With the advent of Siri for iPhone and Google Now for Android, we were empowered to talk to our mobile phones. Almost immediately, they began to talk back. Both Apple and Google have loaded their voice search programs with fun, often hilarious Easter eggs. To check some of them out, ask your phone a few of these questions.

ISTOCKIMAGES

Android:
"Make me a sandwich."
"Beam me up, Scotty."
"Who are you?"
"When am I?"
"What does the fox say?"

iPhone:
"Will you marry me?"
"Mirror mirror on the wall who's the fairest of them all?"
"Siri, can you open the pod bay doors?"

Twitter

@metropicks asked: A court orders TekSavvy to name downloaders. What would you do if you were asked to pay piracy damages?

@thebellguy: Request refunds for all the terrible movies I've paid for first

@Canucklehead_ca: Ye lice-infested swine! I only be downloading a single movie: "Booty and the Beast". To ERR is human ... to ARR is pirate!

@UnfunnyTweeter: I'd tell them they could have it all and then draw them a hidden treasure map. Yaarrrr.

Follow @metropicks and take part in our daily poll.

Comments

RE: Students Embrace Our Golden Moment, Watch Canadian Women Beat U.S. In Olympic Hockey, published Feb. 20

No wonder students are ill prepared for the real world in this day. Instead of watching TV at school they should be learning math.
Bucket of Chicken posted to metronews.ca

This is part of our culture, students should be able to celebrate Canada's achievements. I'm proud that I can say I was able to see first hand this part of history. Sincerely, Caledonia Student P.S. I had math in the morning.
Bucket_of_Awesome posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: vancouverletters@metronews.ca

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DVD review

Gravity

Director. Alfonso Cuarón

Stars. Sandra Bullock, George Clooney

Not since 2001: A Space Odyssey has a film so vividly and realistically transmitted the feeling of being lost in space. Alfonso Cuarón's 3D film captures the deepest blues of Earth and the midnight hues of space, powerfully affecting the senses. High above the blue planet, slowly revealed in widescreen splendor by Emmanuel Lubezki's intoxicating camerawork, two spacewalking shuttle astronauts defy a vacuum and also expectations — and then calamity strikes. A leading contender for best picture at the March 2 Academy Awards, the film also works on a purely emotional level. Sandra Bullock and George Clooney convincingly depict the plight of space travellers facing dwindling oxygen and rescue prospects. Gravity isn't sci-fi. It's a sky high.

PETER HOWELL

Hollywood

Ghostbusters star Harold Ramis dies

Comedy actor, director and writer Harold Ramis, best known for his roles in movies such as Ghostbusters and Stripes, has died at his suburban Chicago home after a four-year battle with an autoimmune disease, his talent agency said. Ramis, 69, died early Monday morning of complications from vasculitis.

THE ASSOCIATED PRESS

Dust off your bikes and fight for your vegan rights

Portlandia is back. The quirky sketch comedy kicks off its fourth season with a Steve Buscemi bit on the plight of celery

PAT HEALY
Metro World News in Boston

Fred Armisen and Carrie Brownstein are set to bring you another season of Portlandia. AUGUSTA QUIRK/IFC

Over the past three seasons of Portlandia, Fred Armisen, Carrie Brownstein and director Jonathan Krisel have perfected a revolutionary recipe that marries music and comedy with utter absurdity. The fourth season, which premieres next week, furthers their cause, especially with a sketch called The Celery Incident, which has already gone live online.

In the sketch, Steve Buscemi plays a sales representative for celery, desperately trying to compete against other vegetable salesmen who have had recent fantastical, unlikely success with veggies like kale and Brussels sprouts.

"I think Celery embodies — even though it's more genre-specific than some of our other sketches — I think it really embodies the traits of the show that I think are the most successful," says Brownstein, "which is taking a relatable, sometimes timely premise and veering into the absurd, and then hopefully veering even more into surreality, and then somewhere at the heart of this, having some relatable characters that are suffering through genuine and authentic relationship issues."

Just because they use familiar ingredients for their recipe doesn't mean the show is formulaic. Yes, you will see a lot of the characters you've seen in the previous three seasons, but in preposterous situations: Candace and Toni, the owners of Women and Women First bookstore, host a car wash fundraiser; Lance and Nina — Brownstein and Armisen's gender-swapping couple — find themselves in conflict with Jeff Goldblum's mattress salesman over a certain claim he has made that casts everything Lance stands for into doubt.

"We'll have pictures of the characters on a bulletin board and we'll have an idea for something," says Armisen, "and then we kind of shift the idea to each character, like, 'I wonder if they would be good for this?' And then eventually it will just resonate right away, and you'll know it's perfect for a set of characters."

Watch it

- Portlandia season 4 airs on Superchannel starting March 3; see superchannel.ca for air times. Seasons 1 and 2 are available on Netflix.

With such a winning formula, it's understandable that the Portlandia peeps would be protective of what they've created.

"We have worked for four seasons to make this world that feels a little bit specific and strange and hyper-real," says Brownstein. "So we try to keep that world magic and special, but of course in the meantime we have had people from SNL and friends on. There's definitely an open-door policy, as long as it feels germane and doesn't feel conspicuous to have things cross over."

We'd be remiss not asking Armisen if he thought there would be any crossover with his new role as bandleader for Late Night with Seth Meyers, but when it comes to inheriting Questlove's seat, he suddenly turns even more protective.

"I don't want to talk about it," he says, shifting the tone of the conversation into uncomfortable territory. "That's something for my friend Seth and it's fun and I don't want to talk about it because this is about Portlandia and Carrie is on the other line."

He will allow, however, that he's going to be able to take time off to work on Portlandia. "It will be perfect," he says, with a little less attitude. "My focus is Portlandia. That's what I do."

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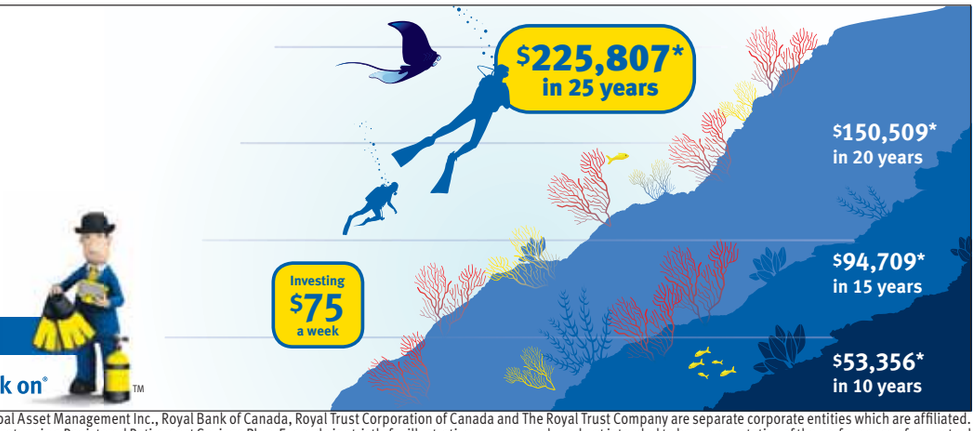

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Baldwin states his case and writes off the fame game

MELINDA TAUB
Metro World News

Here is a partial list of things and people Alec Baldwin slammed in New York Magazine on Monday: the paparazzi, homophobes, people who think Alec Baldwin is a homophobe, CSI, a man in Hawaii who answers the phone rudely, Shia LaBeouf, Rachel Maddow, Broadway, New York, America, the world, 2013.

Baldwin has penned a lengthy piece that is purportedly his resignation from public life, but the bulk of it is essentially a rebuttal to everything you've read or heard about him in the past year. Everything, from his failed attempt to costar with Shia LaBeouf on Broadway to his cancelled MSNBC show to allegations that he'd used a gay slur, is addressed and found to be the fault of a vicious paparazzi culture whose main purpose is to make Alec Baldwin look bad.

Baldwin keeps returning to one episode: An incident in 2013 when a photographer tried to take a picture of Baldwin and his baby daughter, and the actor chased him down the street cussing him out. According to TMZ, Baldwin called him a "faggot." Baldwin insists that's not true, but he blames the fact that he's been falsely labelled a homophobe for everything from the cancellation of his MSNBC show (well, he also blames Rachel Maddow for that) to the fact that he probably can't run for mayor of New York now. I would have slightly more sympathy for Baldwin's plight if he hadn't used the word "tranny" in the article. Still, the piece is amusing for exactly the thing Baldwin claims to deplore: celebrity gossip. Shia LaBeouf screamed at him for not knowing his lines! Rachel Maddow viewed him as "equivalent to Mel Gibson!" Juicy, Alec. Tell us more.

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What does your achoo say about you?

Is it a cold? Is it allergies? It all depends on how long you've been suffering. ISTOCK

Winter blahs. Spring isn't quite here yet and neither is allergy season but that cold might not be a cold after all

MAJA LUNDAGER PEDERSEN
Metro News in New York City

It's been 14 days and that cold you caught is still hanging on. What do you do? Probably nothing. It's just a cold, right? Actually, you might have an allergy. No, allergies aren't just a spring thing.

"What I tell [patients] is, if it lasts for more than nine days, it's not a cold. It's probably either a sinus infection or an allergy," says Dr. Joan Lehach, an integrative medicine physician specializing in allergy, asthma and clinical immunology at Montefiore Medical Center in New York.

Lehach knows it can be hard to distinguish a cold from allergies. "The things that they have in common are you get congestion, you can get a cough, you can get postnasal drip, you can get a headache. You just feel tired and not well."

But there are other signs that indicate your bug may be an environmental issue, rather than a bacterial one. Typically, you are not going to get a fever with an allergy. Your mucus can be clearer in colour — with colds, sometimes it turns green or yellow. You don't get body aches with an allergy, typically, whereas with a cold you might.

Winter allergies do exist, and if you get sneezy during the spring and summer, chances are you'll be affected in colder months too. Common culprits? "Indoor things like dust mites and mold," Lehach says.

Allergies are not just annoying — they can also lead to sinus infections, which are also similar to colds. Allergies set you up for getting actual colds and viruses because your immune system is stressed.

By paying attention to your nasal health, Lehach says you can reduce your risk of catching a wintertime bug. Follow her advice: "The most important thing you can do — and this applies to colds, flus and allergies — is wash your hands and face.

"Also, if the air is too dry, it sets you up for a dry mucosa with cracks in your nose, so when you are exposed to viruses you are more likely to get infected because you have these microscopic cracks. And if it's too moist you are going to grow the mold and the dust mites and the indoor allergens [that] make your symptoms worse as well.

"Try to keep the humidity in your house around 50 per cent. For five or six bucks you can get this little gadget that will tell you the humidity in your house, and then you can either get a humidifier or a dehumidifier, or do something as simple as putting a pot on the radiator and that moistens the air."

For your phone

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Kris Abel
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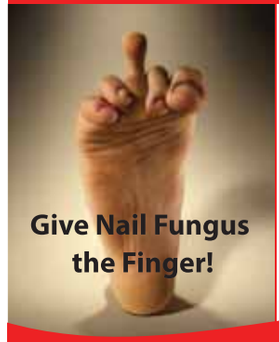

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You're worried that your kids are packing a little something extr in their backpacks. But you could be the one bringing germs home without knowing it.

Studies have shown that public bathrooms and restaurants aren't the germiest places. Surprisingly, it's humble grocery carts that take the top prize. Upwards of 72% of cart handles have bacteria and those nasty bugs.

Always wash your hands well after touching a grocery-cart handle. Scrub as long as a rendition of "Happy Birthday." Alcohol-based hand sanitizer can help reduce the bacteria on your hands when hand washing is not an option. If you do end up with a cold, DayQuil and NyQuil can help you get back on your feet and feel better fast.

To ensure this product is right for you, always read and follow the label. Vicks DayQuil Cold & Flu relieves fever, headache, cough and nasal congestion. Vicks NyQuil Cold & Flu relieves fever, headache, cough and runny nose.

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† Source Healthcare Analytics, 2012. © 2014 P&G

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All pâté roads lead to a simple red-wine-sipping kind of meal

This recipe serves six. COURTESY THERESA ALBERT

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

If you truly have a cholesterol problem, turn the page. Still reading? OK, but this is the honour system.

Pâté is a French favourite for a few reasons. It is smooth, creamy and intense, and a little goes a long way flavourwise.

Liver itself is nourishing. It is rich in Vitamin A, which is great for your eyes (unless you are pregnant, then it can be too high for baby), B12, to help keep heart-disease-causing homocysteine levels low, protein and iron.

Traditional pâté is often made with about 50 per cent added saturated fat. The addition of duck fat makes it out of bounds for many.

This recipe uses extra virgin olive oil and a little bit of butter but nets a smooth and creamy spread that can be the centrepiece for your next Friday night charcuterie platter.

Spread on veggies, add some hummus and make it a simple, red-wine-sipping kind of meal.

1. Clean livers and remove ducts and any fat. Rinse in a colander and place into a large casserole dish.

2. Add remaining ingredients, except pepper, and bake at 300 F for 30 minutes until very firm. Stir once during baking.

3. Allow to cool and use a hand wand to puree well.

4. Using a spatula place the mixture into jars, top with ground pepper and drizzle with melted butter.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE FOUND DAILY AT MYFRIENDINFOOD.COM

Ingredients

- 1 lb organic chicken livers
- 1/4 cup extra virgin olive oil
- 3 tbsp butter, melted and divided
- 1 tbsp balsamic vinegar
- 1/2 tsp sea salt
- 1 tsp thyme
- Black pepper, to taste

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MINERVA STUDIO/SHUTTERSTOCK

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Whether you are looking to increase your career potential, make a career change, or just add more tools to the toolbox, getting a master of business administration (MBA) can help you achieve these goals.

But when it finally comes down to choosing where to study your MBA, there are a number of factors to consider.

First is your time.

Getting your MBA can be quite time consuming, but there are a number of programs that offer different program lengths. Most business schools understand that many students are working professionals and cater to their busy schedules through flexible programming options.

If you plan on keeping your day job while getting your MBA, consider looking at a business school that offers an MBA program that takes place during evenings, weekends, or even online.

While online options are becoming increasingly more popular — with more schools starting offer this option — it is important to consider the value of the networking opportunities available to students who physically attend class. In some cases, potential employment opportunities can come down to who you know and a major pro when weighing your options.

For those who are ready to dive head first into their education, be sure to check out a school that offers a full-time option, or even an accelerated program.

Another factor to consider is your current level of education and whether you meet the entrance requirements to your desired program. When it comes to admissions requirements, each school has its own set. Some may ask for a degree in business to apply, while others may just ask for a university degree — it comes down to each individual school.

Location can also play a key role in the decision-making process.

Some of the best learning opportunities can be made during internships or work placements, so it may be a great idea to focus on a market in which you would ideally like to be employed.

No matter which MBA you decide to pursue, remember that it is an investment in yourself and that return on investment will be worth it in the long haul.

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NYIT ADDS TWO NEW COURSES

KONSTANTIN CHAGIN/SHUTTERSTOCK

The two new MBA concentrations now being offered at the Vancouver campus of New York Institute of Technology (NYIT) create limitless opportunities for students to pursue a quality, career-oriented business education with a global edge.

The two new MBA concentrations added to the already valuable NYIT MBA are in finance and in tourism. Each concentration is achieved by replacing the three elective courses (nine credits) with five courses (15 credits) specified for the concentration, extending the program by two courses (six credits).

NYIT students enjoy small class sizes, flexible schedules that accommodate working professionals, and personalized attention from professors who have hands-on expertise in the business sector.

The program is open to all qualified students, regardless of undergraduate major.

The next intakes for the MBA program are March 3 and May 5.

Following its long-term strategic plan for a global university, NYIT is designed to allow students to move among campuses with complete transferability of credits and graduate with the same degree from any campus.

Students can start a general MBA in Vancouver and complete a concentration in New York, as several NYIT students have already done. More information about NYIT-Vancouver and its programs is available at nyit.edu/canada or by email at vancouverinfo@nyit.edu.

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THOMPSON RIVERS UNIVERSITY MBA

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When one thinks about an MBA program, flexibility is not usually the first thing that comes to mind.

While it may be hard to believe, that is exactly the goal of the Thompson Rivers University (TRU) MBA.

"With our online courses and part-time options that are personalized to meet the student's needs, our students are able to study a quality program and achieve their educational goals while maintaining their work and personal commitments," says Victoria Baker, director MBA program.

As one of the most flexible MBA programs in Canada, TRU students are able to customize their learning styles by either choosing to study on-campus, online or through a blended combination.

While the delivery format for each student may be different, the end goal is the same.

"An MBA is recognized worldwide as a program of study that provides competency in all the major functional management areas of an organization, preparing graduates to lead and manage effectively in today's complex and rapidly-changing business environment," Baker says.

The TRU MBA is a two-year program, with a possibility of a 12-month accelerated program for those with and undergraduate degree in business.

For more information and to view admissions requirements, visit tru.ca/business/mba.

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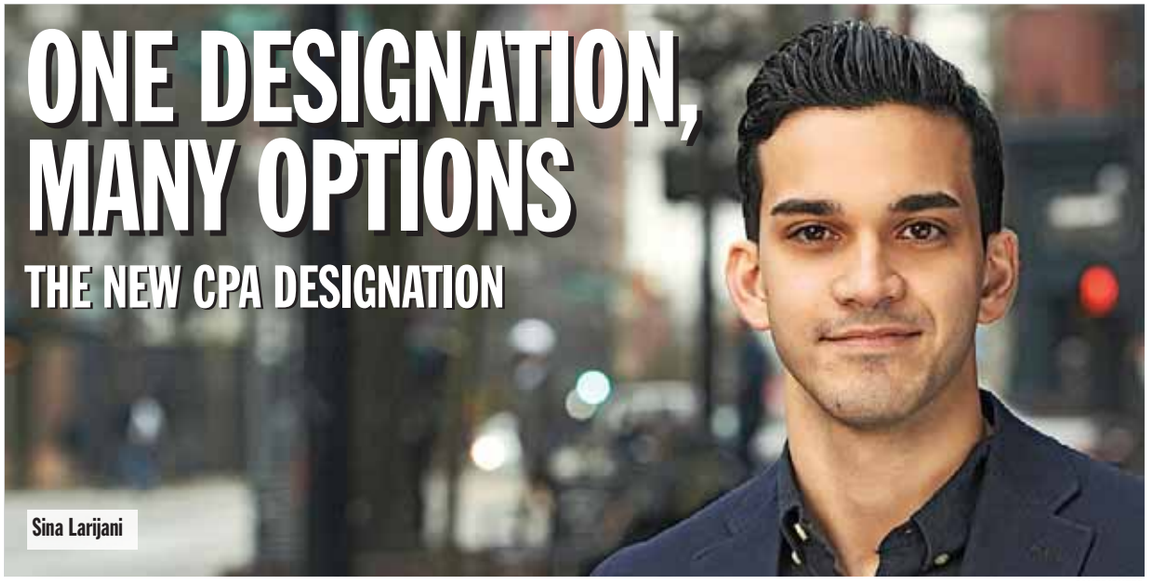

CONTRIBUTED

There is now a single designation that provides more options than ever before to those looking to pursue a career in management or accounting.

As of September 2013, the CA, CMA and CGA designations merged to create the chartered professional accountant (CPA) designation. Offering the best of all three legacy designations, a CPA provides a broader focus on all aspects of business and leadership and has quickly become the preeminent professional accreditation in Canada.

If you have considered a career in accounting, here are five reasons why you should become a CPA:

1 The CPA program provides a strong foundation in technical accounting, while developing strategic management skills.

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3 The program requires candidates to gain relevant work experience while enrolled in the CPA certification program.

4 Instead of one standardized experience, customizable program modules in the CPA certification program allow candidates working in specific industries to choose relevant electives.

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The CPA PREP opens the door for future CPAs with new student intakes offered throughout the year. Delivered on a part-time basis, the program can be taken through online learning, in-class or self-study. The only academic prerequisite is an undergraduate degree (in any discipline) from a recognized post-secondary institution in addition to introductory management accounting, introductory financial accounting, economics and statistics.

Student Sina Larijani enrolled in the program to gain a global competitive advantage.

"Through my CPA designation, I will acquire the leadership and problem solving skills that are essential to success in today's competitive world," he says. "It will provide me with the voice and a credibility that I need to excel in my career."

For more information on becoming a CPA, register for an upcoming information session at goCPAbc.ca.

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"The UNBC MBA is a face-to-face, professor-to-student program, not an online degree or hybrid (part online) degree taught by prestigious university faculty with PhDs and industry experience," says Dr. Raymond A.K. Cox, MBA director.

"Students start with a cohort and move through the coursework staying with the same student class."

Cox says the curriculum combines both theory and hands-on experiential learning using primarily Harvard cases.

The UNBC MBA is designed as a general management graduate degree with courses in corporate finance, organizational behaviour, accounting, business strategy, operations management, law, governance and ethics, managerial economics, marketing, project management, quantitative decision analysis, human resources, management of technology and international business.

CONTRIBUTED

Two new courses have been added to this program — quantitative decision analysis, and project management have created a choice of two options.

Students can take all course work (16 courses) or 14 of 16 courses (with some choice to which two courses not to study), plus an MBA project of their choosing as long as it is approved by a faculty supervisor.

CLASSES TAKEN ON WEEKENDS

The UNBC MBA is offered in Vancouver at Langara College as well as Prince George.

Students are generally working professionals, so classes are scheduled to take place over essentially one long weekend per month (three- or four-day sessions).

"The MBA delivers an extremely high return on investment for those that want a pay raise, promotion, switch to another organization or jump to another industry," Cox says.

"With an MBA you stand out from the crowd and you will have greater potential to advance to the executive level, or maybe be the one who does not get cut in the next corporate restructuring or downsizing."

For more information about the UNBC MBA, visit unbc.ca/commerce/mba.

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Photo Credit: Shai Gil

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Whitecaps

Uruguayan leaves lasting impression on Robinson

It was about five years ago when first-year Vancouver Whitecaps head coach Carl Robinson came across Nicolas Mezquida.

"I remember watching him in the U-17 World Cup," Robinson said from Portland in a phone interview Monday. "I saw something in him that I really like and that I think is different to what we got."

Mezquida, a creative attacking midfielder, is now 22 years old. His showing with the Uruguay U-17 squad in 2009 stuck in Robinson's soccer consciousness and remained there over the years.

The Whitecaps acquired Mezquida on Feb. 5 via a transfer from Uruguayan side Boston River. Vancouver's Major League Soccer club also picked up Sebastian Fernandez on loan from the same Boston River team on the same day.

Mezquida continues to impress. He scored a beautiful goal — a left-footed strike — in Vancouver's 5-1 win over Portmore United in exhibition play in Portland.

With a battle going on at camp for the No. 10 spot, a position the Whitecaps went without last season, the coach would like to see Mezquida compete for playing time in the Starting XI throughout the season.

Mezquida could also be part of a group of younger players Robinson wants to build his team around.

"I want to build a nucleus of young players here that can be successful not just this year or next year but five years ahead."

CAM TUCKER/METRO

Injuries remain a concern for Canucks

NHL. Ryan Kesler was expected to undergo an MRI for possible hand injury

CAM TUCKER
cam.tucker@metronews.ca

Ryan Kesler of the United States defends against Canada's Jamie Benn during a semifinal match in men's hockey at the Sochi Winter Olympics on Friday. AL BELLO/GETTY IMAGES

With the Vancouver Canucks set to resume their schedule Wednesday, the injury bug may have claimed another victim.

There is concern for second-line centre Ryan Kesler, who returned to Vancouver after competing for the U.S. team in Sochi, and is now listed as day-to-day with a possible hand injury suffered blocking a shot during the Olympic tournament.

Head coach John Tortorella confirmed to reporters Kesler would be going for tests, including an MRI, and that he'd be re-evaluated again on Tuesday. It's not yet known if he'll be ready to play Wednesday against the St. Louis Blues at Rogers Arena.

"We'll see how he is tomorrow," said Tortorella.

There is the possibility the Canucks could be without their top two centres against the Blues. Then again, both could play. Henrik Sedin, who had been dealing with a rib injury before the Olympic break, did not take part in Monday's practice due to personal reasons.

Sedin won't skate tomorrow either, according to Tortorella, who was hopeful his captain would be able to play Wednesday.

Alex Burrows and Chris Tanev reportedly skated on their own prior to the team practice. Tanev, out with a thumb injury, is doubtful for Wednesday, said Tortorella.

Defenceman Kevin Bieksa, who has been dealing with a foot injury causing him to miss the last five games, did not skate Monday, but walked by a gathering of reporters seated at Rogers Arena after doing some off-ice work with skills coach Glenn Carnegie.

Bieksa is still on the injured reserved list.

"We just wanted to give him another day off," said Tortorella.

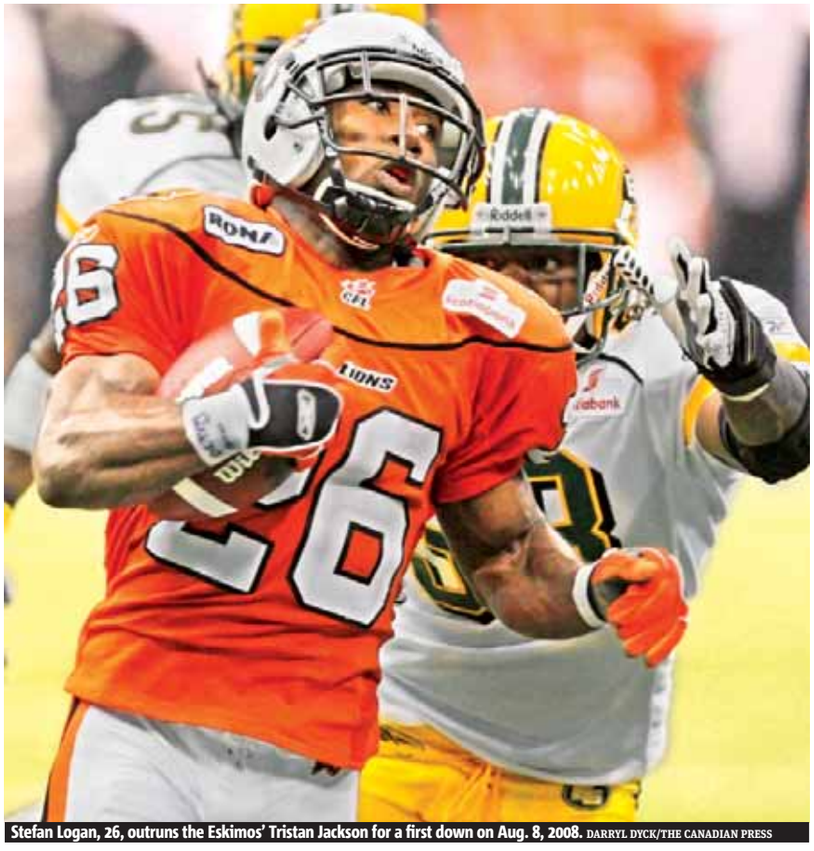
The Canucks come out of the Olympic break with 22 games remaining on their schedule. January was a disastrous month, with the team winning just four times in 15 games. February hasn't been any better, with four straight losses. They sit 10th in the Western Conference, one point out of a playoff spot.

Getting another call-up

The Canucks recalled the towering Kellan Lain from the Utica Comets of the AHL.

- The six-foot-six centre has played in eight games for the Canucks this season, tallying one goal.

4 SPORTS



Stefan Logan, 26, outruns the Eskimos' Tristan Jackson for a first down on Aug. 8, 2008. DARRYL DYCK/THE CANADIAN PRESS

Logan's run: Lions putting emphasis on ground attack

CFL. Logan to join Harris again in B.C. backfield as Lions look to keep defences on their heels

The B.C. Lions will once again have a two-headed monster in the backfield for 2014.

The club signed veteran running back Stefan Logan to a contract extension on Monday after he returned to the Lions in October and helped spark a stagnant ground game.

"Stefan demonstrated last season that he gives our offence an added dimension," Lions GM Wally Buono said in a statement. "His speed, athleticism and football instincts make him a very valuable piece of the kind of championship-calibre team we're building."

Logan, who began his career with the Lions in 2008 and will be 33 when training camp opens, returned to B.C. last season after four years in the NFL.

He carried the ball 33 times for 236 yards and a touchdown in three games with the Lions before adding nine carries for 53 yards and two TDs in B.C.'s playoff loss to the Saskatchewan Roughriders.

"Few players are a threat to score each time the ball is in their hands and Stefan is one of those rare players," said Lions head coach Mike Benevides.

Prior to his return, the Lions had failed to register a 100-yard rusher for 10 straight games as Andrew Harris struggled behind a leaky offensive line.

Logan's return to the lineup meant a renewed emphasis on running the ball and helped Harris, who registered 102 yards rushing in the season finale before adding 93 more in the post-season defeat.

"I am very happy to get this extension done," said Logan, who also returns kickoffs and punts. "We have a very talented team heading into this season and I can't wait to see what Andrew and I can do together."

THE CANADIAN PRESS

Two-headed beast

"We have a very talented team heading into this season and I can't wait to see what Andrew and I can do together."

B.C. Lions running back Stefan Logan on his contract extension

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sp: metro ski *Photo provided by Cypress Mountain*

CFL

Higgins in charge of new Als era

For a second year in a row, the Montreal Alouettes will start the CFL season with a new head coach.

Alouettes owner Bob Wetenhall announced Monday that Tom Higgins will be the club's new head coach.

The former Edmonton Eskimos and Calgary Stampeders bench boss replaces general manager Jim Popp, who took over on Aug. 1 when the inexperienced Dan Hawkins was fired only five games into the 2013 season.

Wetenhall made it clear in a statement that he did not want Popp, who is considered one of the CFL's best GMs but has a career 16-20 record as a coach, to continue in both jobs.

THE CANADIAN PRESS

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NBA. Collins among old pals in return to the Nets

Jason Collins has a week and a half to prove himself to the Brooklyn Nets.

He signed a 10-day contract, one of the toughest deals in sports because it gives non-superstars almost no time to impress their coaches and teammates in hopes of sticking around.

With this group, Collins did that long ago: The Nets locker-room is filled with former teammates who have already accepted the league's first openly gay player and his on-court habits, which are the ones that matter most to them.

"Guys already know what … to expect from me. It's like, OK, he's not going to magically have a 40-inch vertical (leap) and shoot threes," Collins said.

That made it the ideal place for his historic return to the NBA. Perhaps, as numerous players insisted after Collins came out in a Sports Illustrated article last April, athletes were ready to accept a gay teammate. Maybe Collins would have been welcomed anywhere he signed.

But maybe not. As the bullying scandal involving the Miami Dolphins proved, the locker-room can be a place where abusive language can divide a team and threaten to derail a season, to say nothing of the fallout for the players themselves.

Jason Collins makes a pass on Sunday. MARK J. TERRILL/THE ASSOCIATED PRESS

The loudest voices with the Nets, however, belong to the team leaders, and they've already made up their mind about Collins.

Old teammate Jason Kidd coaches the team. Collins played with Joe Johnson in Atlanta and Kevin Garnett and Paul Pierce in Boston, and they are now the respected veterans in Brooklyn.

Collins played six and a half years with the Nets, who he helped reach the NBA Finals with Kidd in 2002 and 2003. One of his first calls when he came out last April was to Kidd.

"You look at all the connections that Jason has and also being that he played with the Nets before, so I think this is a great opportunity for him," Kidd said.

THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
There are a number of things you need to get rid of, things that are stopping you from realizing your potential. You know what they are and you know they must go. Now is the time put the past behind you.

♉ Taurus
April 21 - May 21
You need to find ways to further your ambitions while not appearing too selfish. This is a time of great opportunity. Stay calm, stay focused and, above all, stay the course.

♊ Gemini
May 22 - June 21
You are going to have to make a difficult choice and what you decide will affect your life for years to come. Only you can make this choice but it's got to be one thing or the other. The worst choice is no choice at all.

♋ Cancer
June 22 - July 23
The Sun in Pisces boosts your confidence and make it easier to take chances. Not that you should push your luck at every opportunity but you do need to be a bit more adventurous.

♌ Leo
July 24 - Aug. 23
One of your more impulsive moods could lead to something good . . . or something bad. You will get into risky situations – the sort you like best – but you know how to get out of them too.

♍ Virgo
Aug. 24 - Sept. 23
Because the approaching new moon falls in the partnership sector of your chart you will find it easier to identify with and sympathize with other people's worries. Help them if you can but don't let their worries rub off on you.

♎ Libra
Sept. 24 - Oct. 23
Take care you don't get too close to a situation and lose your sense of perspective. You need to make a conscious decision to stand back from what you are doing and see the bigger picture.

♏ Scorpio
Oct. 24 - Nov. 22
Put your own interests first and start work on something you have been thinking about for months. This is an excellent day for creative activities, so put your doubts behind you and follow your dream.

♐ Sagittarius
Nov. 23 - Dec. 21
If a loved one demands more independence you must give it to them. You should know by now that the harder you try to control other people the more it hurts when they finally break away.

♑ Capricorn
Dec. 22 - Jan. 20
You will get a lot out of social activities today, so make the effort to get out into the world. The more you engage with people the more you will see how similar we all are.

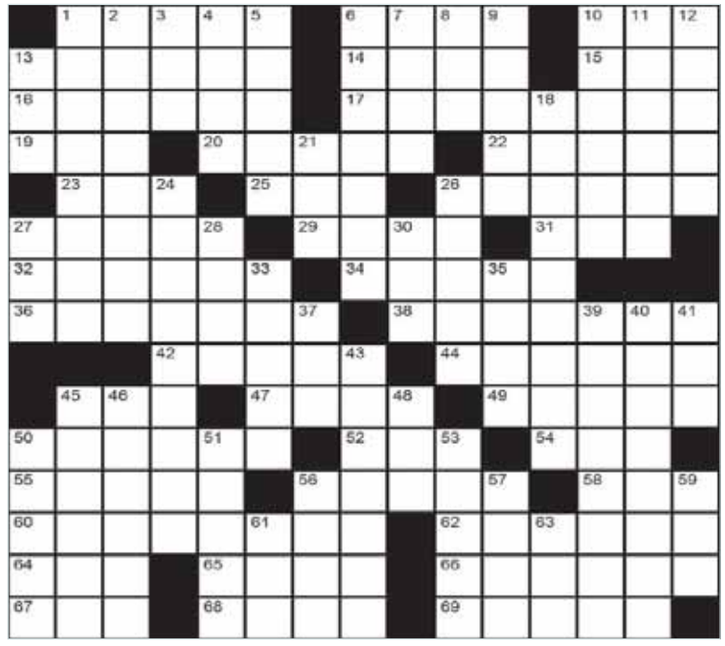
♒ Aquarius
Jan. 21 - Feb. 19
If you want something enough you will find a way to get it, no matter how many obstacles are placed in your path. Whatever challenges you face you are big enough and tough enough to deal with them.

♓ Pisces
Feb. 20 - March 20
Success is yours if you want it enough, so do you? Pisces is often a laid back sort of sign, so maybe you are happy taking each day as it comes. If so, that's okay – you are who you are. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

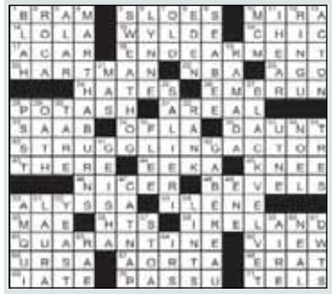
BY KELLY ANN BUCHANAN



Across
1. Nary _ __ (Nobody)
6. Bible boy
10. Ms. Gardner
13. Refinement
14. Taj Mahal's site
15. Vancouver-born actor Mr. Bellows
16. Manitoba: __. __ Provincial Park
17. Oscars: 2014 Best Original Song nominee "Happy" by __ Williams
19. URL ending
20. Singer Ms. Baker
22. Choreographer Mr. Terrio
23. E-Mail sending acronym
25. Santa __, California
26. Pamper
27. Tidal bore
29. "Sand in My Shoes" singer
31. Coral reef
32. Great Pyramid of Giza commissioning Pharaoh
34. Sally Field's Oscar-winning role, __ Rae
36. 1998 Barenaked Ladies chart-topper: 2 wds.
38. Rumour
42. Mister, in Madrid
44. Little wave
45. Is able to
47. United __ Emirates
49. Reservations
50. Least wild
52. Global currency org.
54. Green Day drummer, __ Cool
55. Stevie Wonder's "_ __ Called to Say I Love You"
56. Cherish
58. "The Age of Innocence" (1993) actress ...her initials-sharers
60. Laurentian locale, Saint-__
62. Reverberations
64. French article
65. Marvel Comics superhero
66. Flunky
67. Bottom-of-letter letters
68. Articulates
69. 1953 John Wayne movie

Down
1. German highway
2. Robert Service poem, The Cremation of __ __
3. __ _ whim
4. Calif. campus
5. British singer Ms. Lewis
6. 2014 Best Picture nominee, "__ Phillips"
7. Turkish official or military title
8. Mr. Gershwin
9. Elaine __ ("Taxi" role for Marilu Henner)
10. Schedule
11. In a despicable manner
12. Festive song: "O Come, __ __ Faithful"
13. White House defence advisory gr.
18. Locale of pre-Oscars telecast action: 2 wds.
21. Polit. designation
24. __ Pass (Alberta community in The Rockies)
26. Apples gadget
27. Green
28. Sword sort
30. Play-__
33. La Chambre Rouge occupant, __ du Canada
35. But: French
37. North or South country [abbr.]
39. BC mining community
40. Other self: 2 wds.
41. Thumbs-up
43. Invading ilks
45. Descendants of Acadians in Louisiana
46. Makes funny
48. Canuck financial inst.
50. Standstill
51. Sporty figures
53. New
56. Skipper's salute
57. Prefix meaning 'Outer'
59. Compass dir.
61. "__-ching!"
63. Distinguished [abbr.]

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

6	7	3	8	4	9	1	2	5
2	8	5	1	7	6	4	9	3
1	9	4	2	3	5	8	7	6
5	2	7	3	8	4	6	1	9
4	6	9	5	2	1	3	8	7
3	1	8	9	6	7	5	4	2
9	4	6	7	5	8	2	3	1
7	5	2	4	1	3	9	6	8
8	3	1	6	9	2	7	5	4

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